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# Press Release

## HIALEAH AIMS AT KEEPING KIDS HEALTHY!

**Hialeah, Florida –**

Hialeah Fit Kids Summer program encourages kids to stay active in an effort to combat childhood obesity. Throughout the 11-week summer program, Hialeah Fit Kids Summer Camp ranging in ages from 6 through 12, features weekly activities such as no contact martial arts, where children learn to build coordination, balance and self discipline; Jazzercise, a program which combines fun, easy-to-follow dance moves to popular music; swimming, where children learn an essential lifesaving skill while at the same time practice an excellent form of low impact exercise and a variety of sports, fitness games, field trips and activities all geared towards fitness.

Our goal in the Hialeah Fit Kids Summer camp is to immerse the children into health and fitness and get them to enjoy at least one of the many activities they will experience during the summer with the end result of getting the children involved or even signing up in a year round physical activity or sport.

For more information on Fit Kids, or to register your child, contact the City of Hialeah Parks and Recreation Department at 305-687-2650.